







WHAT IS WIC?

The GUAM WIC PROGRAM is a special supplemental nutrition and education program for women, infants, and children (up to 5 years old).

It is a Health Promotion Program, not a welfare program. It teaches you and your family to be aware of your nutritional needs and to practice good eating habits. The Guam WIC Program helps you to be healthy during times of rapid growth. It promotes and supports breastfeeding, helps you prevent medical problems, and helps lower your health costs.



WHAT DOES WIC PROVIDE?

- Nutritional group classes.
- Personalized nutrition counseling.
- Breastfeeding information and support, including hospital and home visits, if needed.
- Food guides for feeding yourself, your infants, and your children.
- •Supplemental foods, such as milk, eggs, fortified cereals, 100% fruit and vegetable juices, dry beans, peanut butter, whole wheat bread, brown rice, vegetables, and fruits.
- •Infant cereal, infant vegetables, and fruits.
- Referrals to other federal and local programs.





You can apply if you are:

- I. Pregnant, a new mom, or a breastfeeding woman;
- 2. A parent/guardian of an infant (0-11 months old);
- 3. A parent/guardian of a child under 5 years old.



WHAT DO YOU NEED TO BRING TO YOUR APPOINTMENT?

Bring the following to your certification or first appointment:



Most recent paycheck stubs of everyone working and/or retired in the household. Any proof of cash income, such as child support, tips, or LES document.

John Doe's Check Stub

po756 Emp. No.	John Doe Employee Name		123-45-6789 Social Security No.		02/02/98 Period Beg.	02/14/98 Period End
Earnings	Hrs	Current Amount	Year to Date	Deductions	Current Amount	Year to Date
\$6.00	80	\$480.00	\$1,440.00	Federal	\$4.81	\$14.43
				FICA	\$29.76	\$89.28
				Medicare	\$6.96	\$20.88
				State	\$13.55	\$40.65
				City	\$4.80	\$14.40
				County	\$2.40	\$7.20
				Health	\$71.05	\$213.15
				Disability	\$2.25	\$6.75
\$6.00 Pay Rate	\$480.00 Current Earnings	\$135.58 Current Deductions	\$344.42 Net Pay	\$1,440.00 YTD Earnings	\$406.74 YTD Deductions	\$1,033.26 YTD Net Pay



Eligibility Certification for Medicaid, SNAP (formerly Food Stamp), or TANF, if applicable.



Proof of Residency. Any document with the caretaker's name and physical address.



Valid Picture I.D. of the person applying for WIC.

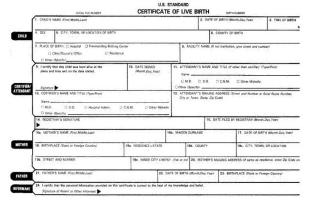
Valid ID Card, Passport, or Driver's License







Birth Certificate of children under 5 years old.





Bring the infant and/or child under 5 years old.





Shot record or Immunization card for each infant and/or child under 5 years old.





For legal guardians (if not natural parents), bring court documents.



WHERE CAN I APPLY?

For more information and to make an appointment, please call any of our clinics:

MANGILAO

Tel: 735-7180/1

Monday-Friday 8:00am to 6:00pm Saturday 8:00am-12:00pm

DEDEDO

Tel: 635-7471/2

Monday-Thursday 8:00am-6:00pm Friday 8:00am-5:00pm Saturday 8:00am-12:00pm

TIYAN

Tel: 475-0295/6

Monday-Friday 8:00am-6:00pm Walk-in Clinic (First Come, First Serve Basis) for New Applicants and Missed Appointments.

SANTA RITA

Tel: 565-3537

Tuesday & Thursday 8:00am-5:00pm

INARAJAN

Tel: 828-7550

Wednesdays only 9:00am-4:00pm

All locations are CLOSED every LAST FRIDAY of the month for staff training.

Department of Public Health & Social Services
15-6100 Mariner Avenue, Barrigada, Guam 96913-1601

CHECK TO SEE IF YOU MAY BE ELIGIBLE FOR WIC BENEFITS https://wic.fns.usda.gov/wps/pages/start.jsf

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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